**Example journal entries**

**1.1 Journal entry 07/02/12 Mr Shannon Lawn bowls**

**I would rate my participation today as: 1**

*I did not like Lawn Bowls today. The factor that influenced my participation was fun and enjoyment, because I found the activity boring. An example of this is that I had to wait ages for my turn. To me, physical activity is about being active and getting a sweat up. Because I did not feel this way, I got bored and did not participate very well.*

**1.1 Journal entry 09/02/12 Mr Shannon Tennis**

**I would rate my participation today as: 5**

*I really liked Tennis today and I participated very well. A factor that influenced my participation was my previous experience. Because I knew the rules of the game I was able to confidently keep the score. Another factor that influenced my participation was the fast paced nature of the game. I love to be active and tennis is a fast game so I got up a decent sweat and enjoyed myself as a result.*

**1.1 Journal entry 010/02/12 Mr Shannon Volleyball**

**I would rate my participation today as: 4**

*I really liked volleyball today and I participated well for most of the games. The main factor that influenced my participation today was competition. I am a competitive person and the teams we played today competed really well against us. Also my team mates were working really well together so we were playing to our potential. We won one game and lost the other, but that was ok because I knew my team had tried their best.*